

Can I drink alcohol after I've recovered?

Yes, if you choose to resume drinking, follow the recommended amounts:

- No more than 2 standard drinks a day
- Men should not exceed more than 14 drinks a week
- Women should not exceed more than 9 drinks a week

What is a standard drink?

1 Beer; 360 mL (12 fluid ounces) of regular strength beer

Spirits; 45 mL (1.5 fluid ounces)

Wine; 150 mL (5 fluid ounces)

The Bottom Line:

1. Refrain from or limit alcohol 2-8 weeks before surgery to reduce your risk of complications
2. The sooner you take action, the better
3. If you do not drink alcohol, don't start

Talk to your doctor or a dietitian to get more information



SURGERY AND ALCOHOL

What You Need to Know



Healthy Lifestyle

It is important to achieve and maintain good health prior to total joint replacement surgery to lower your risk of developing complications both during and after the surgery.

Alcohol as a risk factor:

Limiting the amount of alcohol at least 2-8 weeks prior to surgery can help lower the risk of developing complications.

Why should I be worried about my alcohol consumption?

Drinking alcohol can increase your risk of complications by 2 to 3 times compared to someone who drinks very small amounts or someone who does not drink at all before surgery.

What are the complications associated with drinking alcohol before surgery?

- Longer bleeding times
- Higher risk of infections
- Delayed wound healing
- Longer hospital stay
- Sepsis and shock (when the blood becomes poisoned)
- More stress on the body and weakens the immune system
- Interacts with medicine

What can I do about drinking alcohol?

- Stop drinking it 2 – 8 weeks before surgery
- If you cannot stop it, then limit the amount you drink as much as you can 2-8 weeks before surgery

Resources for Alcohol Addiction

Addictions Foundation of MB:
(204) 944-6200

Alcoholics Anonymous:
(204) 942-0126

Behavioural Health Foundation:
(204) 269-3430

Native Addictions Council of MB:
(204) 586-8395